

Hello guys, the 4.0.0 (eFootball 2025) was a HUGE update, I will need more time to test it and edit this guide. As first impression I can tell that the Balance is now a bit less impacting and the Physical Contact is now useful for both Defenders and Attackers.

---

Hello everyone, welcome in this beginner's full guide. I will try to cover most of the important areas of the game and I suggest also to the veteran players to read it because there could be something that you probably don't know. I ask you to report everything that you think is not correct or it could be added to this guide.

## Index:

- General Tips
- Form and condition
- Team playstyle and managers
- Formations and tactics
- Players stats
  1. The best stats for each role
  2. The importance of balance
  3. How much jump should CBs have?
  4. The best way to train your players
- Players skills
- Players playstyles
- Versions

## General Tips

- Login everyday for login bonus
- Complete Events and objectives that gives you eFootball Coins
- Starting from September 28th every Player Progression Reset will cost some eFootball GP, so don't random give Progression Points to you player if you don't know what you're doing. Do not use Auto-Allocate feature to assign Progression Points.

Need to know before starting:

- Players overall is useless. A 86 Mukiele is better than a lot of CBs.
- Playstyle and manager you will give an extra +2 in players stats
- A stat cannot over exceed the 99. (Only boosters can give you some extra points, but they're calculated after every other bonus)

## Form and condition

Let's start with form and condition. As some of you already know there are 3 different player forms into the game: Unwavering, Standard and Inconsistent. If you use eFootballHUB, efootballDB or other websites you could know them as Form 2,1,0 or 3,2,1. And you can maybe think an higher number is better. But is it really like that? Spoiler: No. I will explain you why but first we have to know what Live Update Rating and Condition are.

*“Through Live Updates players are assigned a Live Updating Rating ranging from A to E based on their real-life performances.” and “A player's in match condition his decided by his Live Updating Rating and form”.*

I also thought an Unwavering form player with the A Live Update Rating was the best the game could offer but the things are slightly different. An unwavering form player is the most “consistent” but also the one with less chance to get a Very Good Condition (Up Arrow)

[Form and condition Percentage - Data: eFootballHUB](#)

Newbies could think “Okay but what does the condition really do?” In eFootball 2023 we were able to see how much the stats were affected in game but Konami choosed to hide it.

Note: *Aggression is not boosted*

### Up arrow

83- Do you really need to field an 83- ?!

84-86 (+6 awareness and engagement, +3 strength stats, +4 remaining stats)

87 (+5 awareness and engagement, +2 strength stats, +4 remaining stats)

88-89 (+5 awareness and engagement, +2 strength stats, +3 remaining stats)

90-91 (+4 awareness and engagement, +2 strength stats, +3 remaining stats)

92 (+4 awareness and engagement, +2 strength stats, +2 remaining stats)

93+ (+3 awareness and engagement, +2 strength stats, +2 remaining stats)

### Mid-up arrow

83- Do you really need to field an 83- ?!

84-86 (+4 awareness and engagement, +1 strength stats, +2 other stats)

87 (+3 awareness and engagement, +1 strength stats, +2 other stats)

88-89 (+3 awareness and engagement, +1 strength stats, +1 other stats)

90-91 (+3 awareness and engagement, +1 strength stats, +1 other stats)

92 (+2 awareness and engagement, +1 strength stats, +1 other stats)

93+ (+2 awareness and engagement, +1 strength, +1 other stats)

### **Right arrow**

No changes

### **Other arrows**

Please bench your players

We can say the form is important if you need to give Progression Points to your players. Let me show you an example: If you have an unwavering player (Overall 92+) you should not over exceed 95 in awareness and engagement stats and 96 in strength stats and other stats, because we assume (based on the data shared before) that most of the time these players will have a mid-up arrow, so a boost of +2 awareness and engagement, +1 strength and other stats. (Also remember that the player will receive a +3 in every stat from the playstyle and manager). So, in my opinion, players should be maxed out hitting the best stats for a Mid-Up arrow for unwavering players and the best stats for an Up arrow for standard and inconsistent players.

## **Team Playstyle and Managers**

Playstyles are well described into the game. We have 5 of them: Possession, Quick Counter, Long Ball Counter, Out Wide, Long Ball. I can recommend you to use Quick Counter and Long Ball Counter. To know more about them go to the in-game Game Plan > Tactics > Team Playstyle.

You can find the managers under the in-game Contract > Manager List Right now the best managers for every team playstyle are the following

Possession: Luis A. Roman

Quick Counter: Zeitzler

Long Ball Counter: Cristo Valbuena

Out Wide: T. Tuchel

Long Ball: F. Helson

## **Formations and tactics**

In eF24 you can create your own tactic but you will have to understand how the attacking phase work. Let's take a look at the formation I'm using at the moment ([LINK](#)). In every tactic you're gonna create you always have to keep in mind that your team will attack with 3+1+1 players. I've set Fabinho to stay always on Defence from Tactics>Individual Instructions, so I will attack with

the 3 attackers + Bruno Fernandes (that can attack the area if I go back with 1 CF/SS) + Davies/Douglas Luiz (it depends if I'm attacking from the left or from another area and from their starting positions). I can also attack with both Douglas Luiz and Davies if I set the attack level to offensive (In-match) by clicking 2 times the up arrow on the controller.

## Players stats

The best stats for each role

Some players can maybe prefers different stats based on their playstyle but I will try to name only the most important stats for every role (Sorted for importance):

**GK:** Height, GK reflexes, GK Reach, GK Goalkeeping, Jump

Tall goalkeepers are the best so far. Courtois is insane, also in his base version and he's one of the goalkeepers a player should buy when he starts playing eFootball 2024.

**CB:** Defensive awareness, physical contact, defensive stats, speed, height, acceleration, jump

You should spend a lot of hours to understand why I say defensive awareness is the best stat for a CB. They're always where they should be and this will give you a solid defence. In eF23 you could defend with Ruben Dias (Speed 66) against Mbappe. Speed is now important and very slow players became quiet useless in some roles. Nothing to add about height, defensive stats and jump.

**LB/LMF/RB/RMF:** Stamina, Speed

Someone could disagree here but me explain it. Everything depends on your playstyle. You can play a LB/RB as it is a winger and you can play a LMF/RMF as it is a defender. For sure we can say that stamina and speed are the best, but you could also need some def stats, some lofted pass or even some finishing. Please go ahead and read also the offensive players stats advice I will give you and then you will be able to choose which stats are better for your players.

**DMF:** Defensive stats, speed, acceleration, physical contact

A DMF is a CB that usually needs less speed and it can be shorter. By the way speed, height and jump are a plus that he can have.

**CF/SS:** Offensive awareness, balance, finishing, speed, kicking power, dribbling

CF and SS are pretty the same thing, player playstyles can make them play differently but what they need to do is scoring goals

**LWF/RWF:** Balance, speed, finishing, offensive awareness, dribbling, kicking power

Offensive wingers are very similar to CF/SS but they (usually) start wider and because of this the offensive awareness is less important on them. If you will play with a RWF and a LWF without CF/SS they will act as 2 CF/SS, so offensive awareness will be more important.

**CMF/AMF:** Stamina

I left CMF and AMF as last because as for LMF/RMF they can be very different. You can play them as an additional CF that goes inside in counterattacks starting behind the attackers, but you can also play them as additional DMF. Usually you will need at least 90 in stamina, and a CMF should be faster than an AMF.

I will also show you some examples, so you can better understand what I tried to explain before.

[Mukiele 86 played as CB](#)

Mukiele is really a good card because you can play him as CB, he has a Standard form (1) and with the Up arrow he will receive a +6 awareness and engagement, +3 strength stats, +4 remaining stats boost and +2 in every stat from the playstyle and manager.

With the up arrow his defensive stats would be

Defensive Awareness(96), Defensive Engagement(91), Tackling(99), Aggression(94), Speed(85), Acceleration(78), Jump(97), Physical Contact(87), Balance(69)

I usually play him only with the Up arrow

[Isak](#)

Isak is a good player. He has 78 in balance that's very good for a 192cm tall guy. He also has nice dribbling, strength offensive and finishing stats. Not the best player but he's really underrated.

[Bruno Fernandes as CMF](#)

One of the best players in the game IMO. A little bit slow.

## The importance of balance

As I showed before the balance is one of the best stats for an offensive player because it gives you the strength to challenge the defender. A Messi (170cm, 72kg) could win a "shoulder to shoulder" contrast against a Rudiger (190cm, 85kg). But how much balance does he need? I made a graph that will help you to understand how much balance a player should have related to his height.

Note: the balance shown takes into consideration any boosts from tactics, condition, etc.

I previously told you that Isak had a great balance for a tall guy. His in-game stat with the right arrow is 80 and it is so much more than the 73 needed to be “just” good.

[Balance Graph](#)

## How much jump should CBs have?

I will just add this graph, I think everything is clear.

[Jump Graph](#)

## The best way to train your players

I will show you how I usually train my players but first you need to know how the points you're gonna give to your players work.

Up to 4 points: you will use only 1 progression point

From 5 to 8 points: you will use 2 progression points

From 9 to 12 points: you will use 3 progression points

From 13 to 16 points: you will use 4 progression points.

*Note: this is generally used only on Defending stats for CBs or DMFs.*

You shouldn't give more than 16 points because from 17 to 20 points you will use 5 progression points, so it will cost more than giving the first 4 points in other stats.

Let's start with a nominating contract player, [Kudus](#).

*I suggest you to always take a look on eFootballHUB or similar websites, they will show the overall of the player on every role.*

Kudus is an AMF but he's so fast, so I will play him as CF/SS. You can also play him as RWF but I don't use wingers in my team. As I said before the best stats for a CF/SS are: Offensive awareness, balance, finishing, speed, kicking power, dribbling. We have a lot of points so we can start giving 8 points in Shooting, Dexterity and Lower Body Strength and 4 points in Dribbling ([Screenshot](#)). Now the balance is not bad but we need more offensive awareness to play him as CF so I will add 4 more points to dexterity. Now you can choose if you want him faster or with more finishing, choose one of them and give 2 more points. [This is my 90 overall](#) (that will receive +4 in awareness, +2 strength stats, +3 remaining stats with the Up arrow) [Kudus played as CF](#) (with +2 bonus from manager and tactic).

Now we can do the same with a CB, let's go with [Tomiyasu](#) from the Arsenal Pack. So, again, we will play him as a CB because his defensive stats are good and he's also very tall to be a RB. The best stats for a CB are defensive awareness, speed, height, defensive stats, jump. He has a lot of points available, we can give him 4 points in Dexterity and Lower Body Strength, 8 points in Aerial Strength and 12 points in Defending ([Screenshot](#)). We should improve his defensive stats and his speed and the jump could be better. I would give him 2 points in Lower Body Strength and Defending and 1 more point in Aerial Strength and GK1. [This is my 90 overall](#) (that will receive +4 in awareness, +2 strength stats, +3 remaining stats with the Up arrow) [Tomiyasu played as CB](#) (with +2 bonus from manager and tactic).

## Players skills

One of the most requested topics are players skills and playstyles. I won't explain every skill/playstyle because some of them are already well described. I will focus on the best skills/playstyles for defensive or offensive players and I will avoid to list the technique skills because they're mostly related to feints and they're always worth it and they improve the feints/skills speed.

### Defensive skills

**Must-have:** Interceptions, Blocker, Aerial Superiority, Sliding Tackle

**Nice to have:** Heading, Acrobatic Clearance, Man Marking, Track Back

I haven't so much to add here, Interception will intercept passes or shots, Blocker will help you to block them on your feet, Sliding Tackle will do pretty the same things when performing sliding tackles. I also inserted Aerial Superiority as must-have but it is most for CBs, it is a nice to have for LBs/RBs and DMFs. Man Marking and Track Back are AI skills, they will affect how your players marking is done, with the first one the defender will stay near the attacker, with the second one he will try to push the players with ball possession. Acrobatic Clearance can help you to clear the ball in certain situations. Heading is not a defensive skill but I inserted it because it will help you to score goals in corners.

### Offensive skills

**A:** [Long Range Shooting](#), First-time Shot, [Long-Range Curler](#)

**B:** Heading, [Rising Shot](#), [Knuckle Shot](#), [Outside Curler](#)

**C:** [Dipping Shot](#), Chip Shot, Acrobatic Finishing



*Note: There are links for few of them, so you can see exactly how they works. Shot power is not random, some of them trigger only with a certain power range.*

Regarding the offensive skills there are no must-have ones but some of them are more important. Long Range Shooting is more for CMF/AMF, by the way it improve accuracy for shots made from long distances/outside the penalty area.

First-time shot will improve accuracy for the first-shots (Shooting when receiving the ball).

Long-Range Curler will improve the accuracy of curling shots from distance/outside the penalty area.

Heading improve the accuracy of headers and the frequency of downward headers (Crush the ball to the ground).

Rising Shot will make your player perform shots that suddenly rise.

Knuckle Shot will make your player hitting the ball with his instep for extra power.

Outside Curler will make your player shot using the outside of his foot also from long distances.

Dipping shot will make your player perform power shots that bounce on the ground.

Chip Shot will enable extra accuracy for lob shots. Acrobatic Finishing will make your player shot from uncommon positions or off balance.

I didn't included passing and crossing skills because they depends from your playstyle.

### **Deserve to be mentioned**

**Captaincy:** You will need at least one player with captaincy. If you make him captain your team stamina will last longer.

**Fighting Spirit:** Your player performs better under pressure or with low stamina.

**Gamesmanship:** You will enable "the Neymar cheat code", and you will obtain free kicks easier.

**Penalty Specialist:** Your player will shot better penalties.



**Super Sub: OMG! SUPER SUB! KONAMI!** *Let me add this thing for the newbies, Konami never said what super sub is and I think we will never receive a feedback from them on this, but, as per the description, it should give an extra boost to the player abilities when the player replaces another one after the 46', so it looks like it's not working if he will enter the pitch at the start of the second half but only after the 46'. It is not displayed anywhere so we are not sure if it really works and what it exactly does but from my experience I can say I noticed this boost (Probably a +1 in every stat) seems to be more marked in the first minutes the player enters the pitch.*

## Players playstyles

There are so many players playstyles and I suggest you to take a look at [this post](#) from [u/jskywalker93](#).

We have to keep in mind that both player playstyles and team playstyles are AI controlled, so sometimes it could happen that a player should counter attack but he will stop because his playstyle is Deep-Lying Forward. I will try to give a tier list to choose the best player playstyle IMO. Please also take in mind that everything depends on the tactic you're gonna use, I hate the Deep-Lying Forward but it could be good for a Possession playstyle.

### Offensive playstyles

Best: *Goal Poacher, Creative Playmaker, Roaming Flank, Hole Player*  
More: *Fox in the box, Target Man, Prolific Winger, Classic No. 10, Deep-Lying Forward, Dummy Runner, Cross Specialist*

### Defensive playstyles

Best: *Box to Box, Anchor Man, Orchestrator, Build Up, Attacking Full-back*  
More: *Extra Frontman, The Destroyer, Defensive Full-back, Full-back finisher*

Attacking Full-back, Defensive Full-back, Full-back finisher: As I previously said for Deep-Lying Forward it depends on the way you play. Full-back finishers could be good if you want them to join the spaces your strikers will leave to them, but it could be bad if you want 2 of your CMF/AMF to join the attack. I like Attacking Full-backs because they doesn't force to push in the middle but they do it only if needed.

---

I spent some hours into this, so please tell me if you want me to continue adding topics

[Support me](#)

## Versions

### **Version 1.0.1**

Changes:

- The importance of balance (New topic)
- How to train your players and the best stats for each role (Reviewed)
- Formations and tactics (New topic)

### **Version 1.1.0**

Changes:

- How much jump should CBs have? (New topic)
- The best way to train your players (New topic)
- Players skills (New topic)
- Players playstyles (New topic)

### **Version 1.1.1 (03/12/2024)**

Changes:

- Minor updates